

Swordfish Piccata

The recipes and photography for this post were provided by local blogger, Sally Roeckell of [365 Barrington](#).

Ingredients:

- 1/2 cup all-purpose flour (for breading)
- 1 teaspoon sea salt
- 1 teaspoon fresh black pepper
- 3 fresh swordfish steaks
- 1 tablespoon extra-virgin olive oil
- 2 tablespoon unsalted butter
- 4 cloves garlic, thinly sliced
- 1/3 cup fresh lemon juice
- 1/2 cup dry white wine
- 2 tablespoons capers, drained
- 1/3 cup minced fresh parsley
- Lemon garnish



Method:

1. Combine the flour, pepper, and salt in a shallow dish such as a pie plate. Dredge the swordfish steaks in the flour mixture and shake off any excess.
2. In a large skillet, over medium-high heat, heat the olive oil with the butter. When hot, add the fish and cook until browned on the underside, 2 to 3 minutes. Turn fish over and cook until well browned on the other side. Transfer to a platter and keep warm.

To Make the Sauce:

1. Add the garlic to the skillet and cook until fragrant, 30 seconds to 1 minute.
2. Add the lemon juice and wine to the pan and deglaze, scraping up any browned bits. Bring to a boil, turn heat to low and add the capers. Adjust the salt seasoning to taste.
3. Return the swordfish to the skillet and let the fish cook for a few minutes so that it can absorb the flavors of the sauce. Sprinkle with the parsley and serve at once, garnished with parsley and lemon.